

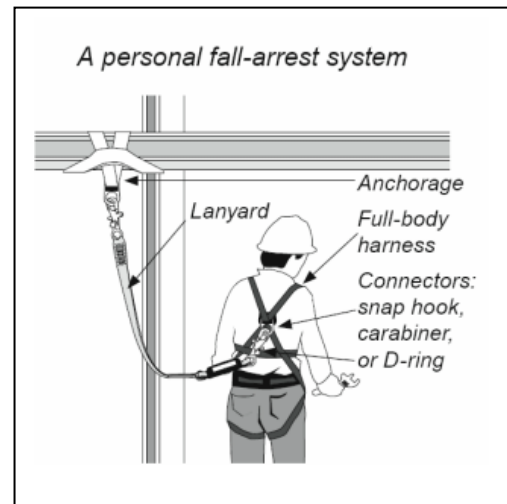
Fall Protection

Reference:

OSHA 1926.500 & 501

OSHA 1910.22 & 23

Purpose: The purpose of the fall protection systems is to prevent an individual working at a higher level from falling to a lower level and getting injured. Fall protection systems range from barricades, warning lines, hole covers, personal fall arrest systems, rails and monitors. They are designed to protect workers engaged in leading edge work or where falls can occur.



Personal Fall Arrest Systems In the illustration to the right, if the man were to fall, the harness and lanyard would suspend him when used correctly. It is one of several types of fall protection that can be used. His body harness is connected to the D-ring attached to a lanyard, and then to a beam strap. All of this gear is rated for 5000 lbs. Attached to the lanyard is a small breakaway/tear away pack that is used to absorb the shock of the person falling. This small pack reduces the potential for severe injury. The proper use of a harness & lanyard requires training and an understanding of anchorage points.

Handrails are another type of fall protection that is used to prevent a person from falling to a lower level. Standard handrails are required to have a height of 42" and must be smooth to prevent nags or catching of the hands. The mid rail should be ½ way between the top rail and the floor. To prevent materials from falling off the edge or side of the walking surface, toeboard's should be erected. Toeboards stop materials from falling over the edge to the surface or personnel below. Depending upon the width of a stairwell, handrails may be required on each side. Handrails must be capable of supporting 200lbs. in any downward and outward in any direction. When wire rope is used, it must not sag below 39". Hand rails should be applied to any dock where there is a potential to fall.

Hole covers Every hole 1" up to 12" into which a person can accidentally fall must be covered or guarded on all sides. Once in place, the cover must be locked firmly in place to prevent sliding and not allow materials or tools to fall through the opening. It must be marked "HOLE". It must be capable of withstanding at least 200lbs. or 2 times the heaviest weight expected to be applied to it.



Ramps, runways, and other Walkways Employees using ramps, runways and other walkways shall be protected from falling 6 feet or more by guardrail systems.

Excavations Excavations that are 6 feet or more in depth must be protected by guardrails systems, fences, barricades or covers. Guardrails and toeboards must be provided on walkways that cross over excavations. Shown is a proper walkway used in crossing over a walkway.



Wall Openings - Any employee who works near a wall opening with a bottom edge that is 6' or more below must be protected from the fall by guardrail system, safety net or a personal fall arrest system.

HOUSEKEEPING - The biggest way to prevent unnecessary fall to maintain the areas where we work. Removing trash, lumber, or any debris which can cause you to trip or fall should be picked up throughout the day and properly stored in its correct place. On rainy days, we should look at cleaning up water on floors, mopping when necessary and sweeping the floor regularly or as needed to clean up any messes.